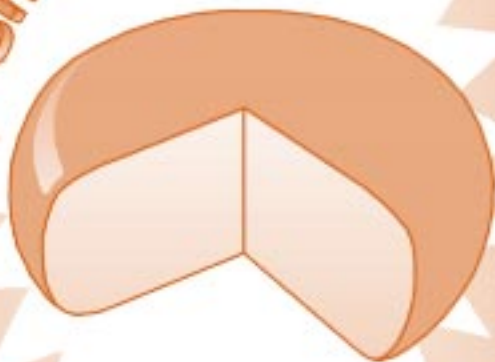


Cheese Recipes





**WIC cheeses provide the calcium and vitamin A
needed for strong bones and teeth.**

Ways to Use WIC Cheese

- Add shredded cheese to scrambled eggs or an omelet.
- Add grated or sliced cheese to cream soup.
- Make cheese toast. Place cheese on top of toast or tortilla and melt in oven.
- Try cheese sauce over vegetables like broccoli and cauliflower.
- For cheese sauce, melt 4 oz. cheese in $\frac{1}{4}$ to $\frac{1}{2}$ cup evaporated or plain milk. It's quick and easy!
- Add grated cheese to salads, tacos, baked potatoes and casserole...even meatloaf!

PIZZA TRIANGLES

Slice of bread

1 Tbsp. tomato sauce

1 slice American, Cheddar or Mozzarella cheese

Toast 1 slice of bread in a toaster. Place the Toast on a baking pan. Spread 1 Tablespoon of tomato sauce over the toast. Cover the bread with a slice of cheese. Broil until cheese melts. Remove the pan from the broiler. Cut into triangles. Makes 1 serving.

BAKED CHEESE GRITS

2/3 cup instant grits

2 2/3 c water

2 Tbsp. margarine

1/8 tsp. pepper

2 eggs, beaten

1/2 tsp. salt

1 1/2 cups Cheddar cheese, shredded

Preheat oven to 350. Grease a 2-quart baking dish. Add salt to water. Bring to a boil. Add grits and return to boil. Cook, stirring constantly until thick (6 minutes). Remove grits from stove and add margarine. Mix cheese, eggs, and pepper. Pour into baking dish. Bake 40 minutes. Makes 4-6 servings.

CHEESY MAC

1/2 c onion, chopped

1 3/4 c tomato juice

1/2 c green pepper, chopped

1 Tbsp. chili powder(optional)

2 Tbsp. margarine

2 c cooked macaroni

1 can (16 oz.) kidney beans

8 oz. cheese, sliced

Brown onion and green pepper in margarine until tender. Add beans, tomato juice and chili powder. Simmer 10 minutes. Place 1 cup macaroni in greased casserole. Cover with half of the bean mixture and half the cheese. Repeat in layers. Bake at 350 for 30 minutes. Makes 4 to 6 servings.

CHEESE STRATA

8 slices bread

6-8oz. American cheese

4 eggs

2 c milk

½ tsp salt

pepper(optional)

Place 4 slices bread in greased baking dish. Place 6 slices of cheese over the bread. Layer on remaining bread. Layer on remaining cheese. Mix eggs, milk and salt. Pour over bread and refrigerate overnight. Bake at 325 for 45-55 minutes until puffed and a knife comes out clean. Makes 6-8 servings.

CHEESE CHOWDER

2 carrots, chopped fine

2 stalks celery, chopped fine

½ c water

½ small onion, chopped

2 Tbsp. margarine

¼ c flour

4 c milk

1 ½ c Cheddar cheese, cubed

Cook carrots, onion, and celery in the ½ c water until tender. Add the margarine. Stir until it melts. Add milk slowly while stirring. Stir until thick and smooth. Add cheese and stir to blend. Makes 6-8 servings.

c=cup

Tbsp=tablespoon

tsp=teaspoon

Adapted from the Oklahoma State Department of Health.

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